

## AFYA Performance Development Program #2

After a successful first PDP day run by AFYA and Fitism we are delighted to announce that we will run the second stage for players/athletes in the region. It will be held on 10th April again at Wilmslow Rugby Club.

### What we will cover

- Educational lessons
- Athletic Screening
- Strength and Power Testing
- Speed and Agility
- Rugby Specific Skills
- Performance Under Pressure



Sessions will be led by Scott Pearson (Sale Sharks, Worcester Warriors and British Cycling strength & conditioning coach – [twitter.com/fastfitstrong](https://twitter.com/fastfitstrong)) and assisted by James Wade (Head Coach Oxford University and formerly Head of Player Development WASPS RUFC and Sale Sharks Academy Manager along with being specialist skills coach with the Scottish national team).

The cost for this great value event is £35. If you wish your son to attend this great opportunity please email the form below to [bookings@afyasportstrg.com](mailto:bookings@afyasportstrg.com) or call James Wade on 07894 489307.

## Booking Form

Name of child/ children \_\_\_\_\_

Age and DOB \_\_\_\_\_

Dates booked \_\_\_\_\_

Known medical conditions \_\_\_\_\_

Permission to give minor first aid \_\_\_\_\_

Height/weight \_\_\_\_\_

Contact number for the day \_\_\_\_\_

Email address \_\_\_\_\_

Payment accepted using Care4U, KiddiVouchers, Computershare, Edenred and My Family Care. BACS via sort code 20 29 50 account number 83713059 or by cheque made payable to AFYA Sports Training. AFYA Sports Training Ltd. Stanton House, Eastham Village Road, Wirral, CH62 0BJ

